**Walking in the footsteps of our Forefathers: seeking a redeemed world**

**From Covenant to Fulfillment - Abraham to Shlomo**

**Class # 7 –The Effective Personal Prayer Seminar**

Senior Fellowship Leadership Program

Rabbi Pinny Rosenthal - prepared collaboratively with Rabbi Yoni Sacks

**Step # 1 – Kavannah - “Getting into the Zone”**

Miracle – the movie [2003] - Pre game pep talk by Coach Brooks before game with Russia 1980 winter Olympics. <http://www.youtube.com/watch?v=vwpTj_Z9v-c&feature=PlayList&p=90009F35DA47EC93&index=1>

**Rambam, Ch. 4 -Halacha 16**

What is meant by Kavanat Ha’lev [focused thoughts]?

One should clear his mind from all his personal calculations and envision himself as if he is standing before the Shechinah - Divine Presence. Therefore, one must sit a short while before praying in order to focus his attention and then pray in a pleasant and supplicatory fashion…

**Step # 2 - Ongoing study of the meaning of prayer and its concepts**

**Morning Service [Talmud, Shabbat 127a]**

These are the deeds that yield immediate fruit and continue to yield fruit in time to come: honoring parents; doing deeds of lovingkindness; attending the house of study punctually, morning and evening; providing hospitality; visiting the sick; helping the needy bride; attending the dead; **probing the meaning of prayer**; making peace between one person and another, and between husband and wife. And the study of Torah is the most basic of them all.

**Step # 3 - Personalizing the text of the request section of the Amidah**

**Rambam, Laws of Prayer, Ch.** 6:2-3

One praying with a congregation should not lengthen his prayer excessively. [However,] he may do so when praying alone. If, after praying, he desires to [add to his prayers], he may, including even the confession of Yom Kippur. Similarly, he may add in each of the middle blessings something relevant to that blessing if he desires. What is implied?

If one has a sick person [for whom he wants to pray], he should request mercy for this person in the blessing for the sick as eloquently as he can.

If he requires sustenance, he should add a supplication and request in the blessing for material prosperity. The same applies regarding each of the other blessings.

Should one desire to ask for all his needs in the blessing of "the One who hears Prayer," he may do so. However, he should make no requests in the first three or last three [blessings].

**Exercise:**

Compose a personal Tefillah insertion for your friend:

1. Your friend needs a Shidduch
2. Your friend needs to get the promotion
3. Your Friend needs help with the shalom bayis of their family
4. Your friend needs help with a psychological issue
* Indicate which bracha it should be placed in.
* Indicate how this result is instrumental to their role in the Brit Avot – covenantal mission of Judaism
* We will read examples and analyze them in class.